

# The Health Lodge.

BYRON + INTEGRATED + MEDICINE



## Custom medical retreats



**STAY AND RECOVER** at our award-winning clinic integrating the best of mainstream and complementary medicine. Create your ultimate wellness destination in the heart of Byron Bay.

# Custom medical retreats

Stay one or more weeks in our private, comfortable and peaceful accommodation while our healthcare professionals guide you through your custom wellness program.

Whether you're recovering from surgery, struggling with chronic illness, in pain, coping with stress or have another reason to visit, we pride ourselves on providing the highest level of care to optimise your initial recovery and improve your health over the long-term.

The Health Lodge team is dedicated to helping you achieve your best health physically and mentally. Our practitioners work together, in one clinic, so you can access whichever of our services your specific health needs require.



**MAINSTREAM AND COMPLEMENTARY MEDICINE**

## CARE FOR EVERY PART OF YOU

Our healthcare professionals share a holistic, integrated approach to medicine.

Our GPs, whilst experts in general medicine, are leaders in Functional Medicine, a practice focused on underlying causes of disease, rather than symptoms.

Our doctors are expertly trained to know how to involve complementary and allied healthcare to optimise outcomes.

If you have complex medical needs, practitioners of multiple treatment modalities will collaborate so you benefit from their collective knowledge.

We coordinate all your consultations and activities to ensure you get the most from your time with us.

## OUR PRACTITIONERS SPECIALISE IN:

- General medicine (GPs)
- Psychiatry
- Nursing
- Physiotherapy
- Naturopathy
- Nutrition
- Psychology
- Chiropractic
- Acupuncture
- Osteopathy
- Massage
- Yoga – our Bamboo Yoga School caters to all experience levels.

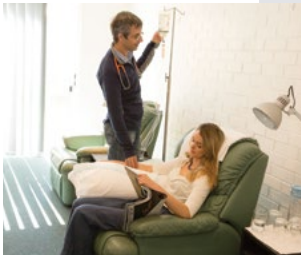


## NUTRITION AND SUPPLEMENTS



**Fresh, organic meals tailored to your health needs and preferences.** All your meals will be prepared in our Wellness Kitchen during your stay. Improving health through optimal nutrition (or using food as medicine) is an integral part of The Health Lodge philosophy.

**Private cooking classes** build knowledge and skills to help you prepare nourishing, delicious food after your stay. Our team is passionate about helping you learn how to use food to enhance your wellbeing.



**IV vitamin therapy**<sup>#</sup> (intravenous vitamin therapy) delivers healthy, safe doses of nutrients directly to your circulatory system. A doctor with specialised training in IV therapy<sup>†</sup> will evaluate your need and suitability, so you can decide if it's right for you.

**Herbal dispensary**<sup>#</sup> - our Naturopaths can tailor supplements to your individual requirements using the latest, evidence-based science to treat underlying causes of illness.



<sup>#</sup> some optional services and stays longer than 7 days attract additional fees. All fees will be discussed with you in detail prior to service provision. Optional services include IV vitamins, supplementation, medication, consultation with external medical specialists and advanced/unplanned diagnostic procedures.

<sup>†</sup> Australasian College of Nutritionals and Environmental Medicine (ACNEM) certified

## DELICIOUS, ORGANIC MEALS



## WE DEVELOP CUSTOM MEDICAL RETREATS FOR:

**Inflammatory conditions** – arthritis, autoimmune disorders, allergies

**Metabolic syndrome** – weight gain, hypertension, diabetes

**Chronic pain** – fibromyalgia, temporomandibular joint disorders (TMJ), injuries, migraines

**Chronic stress disorders** – trauma, hormonal dysregulation, burnout

**Chronic fatigue and mitochondrial disorders** – post viral infection

**Digestive disorders** – IBS, ulcerative colitis, Crohn's disease, small intestine bacteria overgrowth (SIBO)

**Postnatal depletion** – problems with concentration, loss of libido, anxiety, exhaustion, accelerated ageing

Please don't be limited by the list above. Contact us to discuss your condition, even if you don't know what it is - that is what we are trained to help you with!

## WHY BYRON BAY?

Byron Bay is a world-famous wellness hub, renowned for its healing oceans, volcanically charged land, exceptional organic produce and clean air. It attracts some of Australia's best healthcare practitioners, making it the perfect place to uncover your health mysteries and benefit from the best integrated medical practice available.



## RETREAT OVERVIEW

Before your stay

**Initial assessment\*** – we gather your health history and discuss your objectives to design your custom wellness program. A \$250 upfront fee for this service is refunded after you book your custom medical retreat.

**Functional pathology tests** - you will need a selection of tests to assess your baseline gastrointestinal, hormonal, nutritional, food sensitivity and general blood function.



During your stay

**In-house program** – consultations, therapeutic treatment, yoga, education and nutrition designed just for you.



After your stay

**After-care** – a comprehensive, easy-to-use after-care program, including follow up consultations\*, supports your continued health improvements to optimise your long-term health.

## OPTIMISE YOUR LONG-TERM HEALTH

## A 7-DAY, CUSTOM MEDICAL RETREAT INCLUDES:

- Return airport transfers (Ballina or Coolangatta).
- In-house accommodation with your choice of ensuite with bathtub or shared bathroom facilities serviced daily.
- A personal health director to coordinate every aspect of your care.
- Consultation with your core healthcare team of doctor, nurse, naturopath and psychologist.
- Tailored support from our broader, in-house healthcare team to meet your specific health needs.
- Organic meals designed for you by our Nutritionist and prepared by our Wellness Kitchen Chef.
- Cooking lessons and consultation with Nutritionist and Chef.
- Free time to experience the beaches and beauty of Byron Bay.
- Comprehensive discharge report of treatment findings, pathology results, dietary recommendations and recipes. You can share this with other healthcare providers caring for you after your stay to help them better understand your condition.
- After-care program including follow-up appointments<sup>+</sup>.



**\$ 8,900 plus GST<sup>-#^</sup>**

Medicare and private health insurance rebates may apply.

+ appointment via Skype, phone or face-to-face as best suits you.

~ cost reduces if you are happy with the shared bathroom option.

# some optional services and stays longer than 7 days attract additional fees. All fees will be discussed with you in detail prior to service provision. Optional services include IV vitamins, supplementation, medication, consultation with external medical specialists and advanced/unplanned diagnostic procedures.

^ Cancellation policy applies - see details at [thehealthlodge.com.au](http://thehealthlodge.com.au)

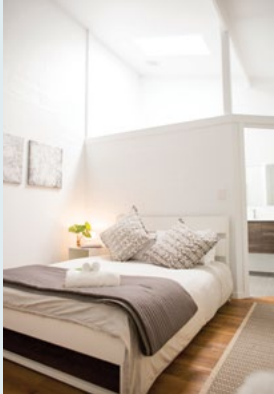
## BOOK YOUR CUSTOM MEDICAL RETREAT



Book online at [thehealthlodge.com.au](https://thehealthlodge.com.au)  
or call 02 6685 6445 for more information.

### WE COMMIT TO:

- Listen and understand your issues
- Work towards timely, expert diagnoses
- Tailor treatment to your unique medical needs
- Respect your time and energy
- Treat your information with complete confidentiality
- Take both a holistic and functional approach to your care.



### NOT READY FOR A RETREAT, BUT STILL WANT OUR HELP?

We offer combined GP and naturopath consultation via Skype or phone, or you can book face-to-face appointments with any of our highly qualified practitioners.

See [thehealthlodge.com.au](https://thehealthlodge.com.au) for our services price list.

**The Health Lodge.**  
BYRON + INTEGRATED + MEDICINE

